

## **ADMINISTRATION ON AGING**

### **Evidence-Based Disease Prevention - Nutrition**

**Organization:** Little Havana Activities & Nutrition Centers of Dade County, Inc., Miami, FL

**Project Title:** Preventive Nutrition Cardiovascular Disease Program

**Project Period:** 10/01/2003 TO 09/30/2006

**FY 2003 Award Amount:** \$200,000

**Project Contact:** Rosa Carranza  
700 SW 8<sup>th</sup> Street  
Miami, Florida 33130  
Telephone: (305) 858-0887, ext. 298

#### **Project's Overall Design:**

The goal of this project is to increase knowledge of nutrition in both the prevention and treatment of cardiovascular disease, primarily among elderly Hispanic people. Research based information will be used to develop twelve culturally, linguistically, and age appropriate nutrition education workshops in the first year. Eight will focus on nutrition in the prevention of cardiovascular disease and four on the role of nutrition in the self-management of cardiovascular disease. Additional workshops will be developed in the second and third years. The workshops will be held in Little Havana's 14 senior centers, and will be repeated as often as needed to reach as many of the 1800+ elderly Hispanic participants of the centers as possible.

#### **Partnerships:**

- Miami-Dade County Public Health Department will serve as an advisor in the development of the curriculum for the workshops, and also in assuring the appropriate information on cardiovascular disease is included in the lesson plans.
- The National Alliance for Hispanic Health is providing research-based data to the project, as well as interpreting research on the current disparities in healthcare among Hispanics.
- The Alliance for Aging, the Area Agency on Aging (AAA) for Miami-Dade and Monroe Counties, will help in the promotion of this program beyond Little Havana's Activities and Nutrition Centers (LHANC) senior centers. The Alliance will serve as a link to other elderly service providers in the community when the program is expanded beyond LHANC.

#### **Target Population:**

The target population is Hispanic elders, a group at high risk for cardiovascular disease and diabetes.

### **Anticipated Outcomes**

- 70% of the elderly Hispanic participants of the program will report increased knowledge of nutrition in the prevention of cardiovascular disease.
- 70% of the elderly Hispanic participants of the program will report increased knowledge of nutrition in the self-management of cardiovascular disease.
- 85% of the elderly Hispanic participants of the program will rate this program as positively.
- 60% of elderly Hispanic participants will report behavior change to decrease risk of cardiovascular disease.